

FEDERAL OCCUPATIONAL HEALTH (FOH) EMPLOYEE ASSISTANCE PROGRAM (EAP)

The employee assistance program (EAP) was established to give AFMC employees and their families the necessary resources to cope with life's difficulties. The EAP is there to help solve your problems both on and off the job so that you are happier, healthier, more focused and consequently more productive. EAP counselors are prepared to help you deal with a multitude of problems and whether they are emotional, relationship, family, financial or job related. Counselors are licensed, Masters-degreed or above. Help is available 7 days a week, 24 hours a day. EAP services are free to AFMC employees and their families. If you need additional resources EAP will help you find affordable care through your health plan or community. EAP offers supervisor consultations to assist supervisors in helping troubled employees with issues such as excessive tardiness, absenteeism or poor job performance. EAP services are confidential within the limits of the law. Your counselor will review confidentiality issues with you during your first visit.

CIVILIAN HEALTH PROMOTION SERVICE (CHPS)

The CHPS program allows the AF Federal civilian participants to monitor some health indicators through an annual wellness screening assessment and a blood test. The wellness screening is a Health Risk Appraisal (HRA) that determines health/lifestyle risks. The blood samples are analyzed for what is called a Lipid Profile and Glucose. The Lipid Profile provides information about total cholesterol, HDL (High Density Lipoproteins) also known as "good cholesterol", LDL (Low Density Lipoproteins) also known as "bad cholesterol", Glucose or blood sugar and triglycerides known as "fatty acids". The information from the combined health screenings will act as a "baseline" for one's current health. This health awareness program is another big step in progressing toward the AFMC goal to "Sustain a safe, healthy, fit and ready workforce". While utilization of these services is voluntary, they are highly encouraged. For more information phone (850) 883-8024 or (850) 883-8027.



Eglin Air Force Base

Building 843 is the Eglin HAWC. The first floor houses the Fitness Annex, fitness activity area; the second floor houses the Health Promotion Program educational and administrative areas and the Federal Occupational Health (FOH) Civilian Health Promotion Services (CHPS) Program. The Eglin HAWC is a blend of Air Force Medical and Services Squadrons, and FOH CHPS. The Health Promotion Program is a Flight of the Aerospace Medical Squadron and the Fitness Annex is part of the of the 96 Services Squadron, Combat Support Flight. Building 843 is located behind the base Fitness Center and East Gate Pool on 403 Hymes Rd.

Hours of operation:

0600 - 2000 Monday – Friday

Eglin HAWC web under construction for release Jan 06 at
www.eglin.af.mil/HAWC





STAFF

Director: 883-8023
 HAWC Superintendent: 883-8021
 HAWC Nutritionist: 883-9035
 Information Manager: 883-8022
 Fitness Program Manager: 883-8020
 RN: 883-8024, FOH/CHPS
 RN Ed: 883-8027 FOH/CHPS
 Front Desk (Fitness Center Annex): 883-9127

Healthy Living Program (HLW) A mandatory two-hour class for active duty members **scoring less than 75 points** on their annual Air Force Fitness Assessment. The initial class must be attended no later than 10 duty days after the member receives their fitness test score. The HLW emphasizes behavioral change with fitness and nutritional education segments. The squadron Unit Fitness Program Manager (UFPM) schedules members electronically via the HAWC appointment system. HLW classes are considered a medical appointment and can only be cancelled or rescheduled by the squadron UFPM. For additional class information phone (850) 883-9035, DSN 875-9035.

BCIP (Body Composition Improvement) follow-up appointments Monthly appointments are required for active duty members receiving a fitness test score below 75 points **AND** have an abdominal circumference measurement exceeding Air Force standards. Their personal food diary is reviewed for validation of healthy eating habits and caloric intake. These appointments are scheduled by the squadron UFPM and are cancelled by the UFPM **only**. If the appointment is not kept a "Failure to Show" message is sent to the squadron UFPM, 1st Sgt and Commander. For additional BCIP information phone (850) 883-9035.

HAWC Library: More than two hundred books, DVD's, and videos about exercise, nutrition, and healthy lifestyles are available for



checkout. Come by the HAWC Library and take a look. Phone 883-8020 for details.

Active Duty Prenatal Fitness Education Class: A prenatal fitness education class designed for active duty members that are medically cleared for exercise activity during their pregnancy. The AF Fitness Program, AFI 10-248, requires limited PT participation during pregnancy. Only those with a diagnosis of a non-complicated pregnancy may attend. Phone (850) 883-8020 for information.



Tobacco Cessation Program: A group approach to quitting the use of tobacco. Emphasis is placed on behavioral change while using prescribed cessation medications. All base employees and dependants may attend the classes. However, nicotine patches and Zyban tablets are available to military medical beneficiaries only. Every quarter there are four session classes and six-session classes offered. Sessions are held one hour each week, on the same week-day and the same time. For customer convenience classes are scheduled at lunch time (1130-1230) or evening (1800-1900). Phone (850) 883-8022 for registration.



The Sensible Weigh: Healthy lifestyle habits that result in weight loss using behavioral change, nutrition and exercise is the topic of this 90-minute class. The class teaches how to increase lean muscle mass while safely losing excess fat, and most importantly, how to keep the fat off for the rest of your life. The class is held once a month. To enroll, or for more information, phone 883-8022.



Physical Training Leaders (PTL) Class: A training class for Air Force members selected for certification as squadron physical fitness testers and Physical Training Leaders (PTL) as described in AFI 10-248, Air Force Fitness Program. Class is held once each Month and P. T. attire is required. The PTL class is a four hour class followed by a 30 minute Fitness Center orientation.



Personal safety issues such as perceived exertion level, climate and environmental factors are addressed. At the close of the class trainees are evaluated for correct techniques in the demonstration and the scoring of push-ups, crunches and accuracy in the measurement of abdominal girth by taping. Pre-class registration is required. Applicants must have scored 75 points or greater on their annual fitness assessment test to qualify for PTL training. Phone Fitness Program Manager (850) 883-8020 for registration and information.

Health Class: A two-session class open to all AD, DOD Civilians and Contractors. The class focuses on methods that aid in decreasing the risk of cardiovascular disease through healthy eating, a mild exercise program and how to fit that exercise program into an already busy schedule. Frequently with the reduction of excess body fat lower blood pressure, cholesterol and triglycerides occur. For more info or to enroll phone (850) 883-8022.

Fitness Improvement Program (FIP): A two tiered mandatory Fitness improvement program for active duty members *scoring below 70 points* on their annual fitness evaluation. The first tier is attendance in the Healthy Living Workshop education class. The second tier requires active participation in monitored exercise activities at least 4-5 times a week. The fitness education tier must be attended within 10 duty days of being officially entered into the program. Once the members' official fitness test component score reaches 70 points or greater the member is removed from the program. Repeat fitness testing is mandatory within 90 days following the last official test date. Phone (850) 883-8020, DSN 875.

Monitored Fitness (FIP) Exercise Activities: For active duty members enrolled in the Air Force Fitness Improvement Program (FIP). Monitored exercise in an approved activity 4-5 days each week is required until the member achieves a composite fitness testing score of 70 points or greater on their official fitness retest. Attendance and exercise heart rates are annotated on Air Force form 1975 by the member and validated by the PTL or class instructor. As an option the active duty member may exercise with their squadron during organized physical training exercise

sessions. For more information speak with your squadron PTL or phone 883-8020, DSN 875-8023.

Personal fitness trainers are available to help you meet your fitness goals. Inquire at the HAWC front desk or phone 850 883-9127.

